

VintAGE



VOLUME 5, ISSUE 5

HELPING OLDER ADULTS LIVE BETTER IN BALTIMORE... ONE DAY AT A TIME!

AUGUST 2008

**John P. Stewart**
Executive Director

EXECUTIVE DIRECTOR'S MESSAGE

The Graying of the Homeless

All too often, many of us see people we assume are homeless because of their appearance. Many times these individuals fit the stereotypical image of a homeless person, (poor hygiene, intoxicated, or asleep on the ground). However, it has grown more and more apparent that, as with many things in life, we must learn to look past the surface.

We come across people every day who are well dressed, clean and employed, but who also just happen to be homeless — and we would never know by just looking at them. Unfortunately, these days many people are just a paycheck away from losing their homes and other belongings.

One of the dramatic changes in the homeless population is that more and more of our older adults are homeless. Many times due to lack of income, improper planning, poor health, or just bad luck, many older adults are unable to sustain themselves in our constantly changing and challenging economy.

These older adults may be people you grew up with, members of your religious congregation, a co-worker, or a member of your local senior center whom you may see all the time — not knowing that they go to a homeless shelter to sleep at night.

Mayor Dixon has made it a top priority that her administration, particularly CARE, get involved to help as many people as possible, especially older adults, who are without a home and are in need of shelter and other forms of assistance.

If you are an older adult who is homeless or at risk of losing your home — or know someone who is — there are resources out there to help. Please contact CARE at 410-396-2273 (CARE) or 410-396-4932.

John P. Stewart

Affordable Healthcare Coverage for Medicare Beneficiaries

If you are over 65, you can afford to get the healthcare and prescription drug coverage you need to live a healthy life. Bravo Health offers affordable healthcare coverage through a variety of Medicare Advantage and Part D Prescription Drug plans. These give Medicare beneficiaries a choice of plans, each with exceptional value.

However, there are Medicare beneficiaries who do not participate in such plans due to cost, even though government assistance may be available to help them cover the expense of prescription drug co-payments and plan premiums. We need your help to get the word out about Medicare Parts C and D in order to reduce the number of Medicare-eligible beneficiaries who do not receive the quality healthcare that they are entitled to.

Bravo Health's Medicare Advantage plan benefits and services go beyond the

benefits of Original Medicare, including full coverage for all preventive health services, such as physical exams, mammography and prostate screenings. Additionally, dental, vision and hearing aid coverage is available. Bravo Health also offers Part D Prescription Drug coverage covering medications that are purchased from either a retail or mail-order pharmacy or through an institutional pharmacy for residents of a skilled nursing facility.

If you have questions about Original Medicare coverage or would like to receive more information about the Medicare program, call toll-free 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. You can call 24 hours a day, 7 days a week. Or, visit www.medicare.gov on the Web.

See our advertisement on the back cover of the Baltimore *Beacon* or go to our Web site at www.mybravohealth.com.

Learn the Art of Screen Painting

The Hatton Senior Center, located in the Canton section of Baltimore, is doing its part to preserve a Baltimore tradition.

Before the era of air conditioned homes, people depended upon window screens to keep cool. However, screens had a drawback. While admitting air in, they also let passersby see what was happening inside the home.

An enterprising grocer had previously moved his wares from the hot sidewalk outside his business to the inside. In order to advertise his produce, he painted their pictures on window screens. The screens were painted in such a way as to let in the air, to let people inside look out, but to prevent people outside from looking in.

The idea caught on and painted screens became all the rage. With the advent of home air conditioning, the need for painted screens all but disappeared.

Hatton, however, offers two classes a year to allow interested people a chance to begin to learn the art of screen painting. The classes are usually taught in April and September by one of Baltimore's premier screen painters.

People take the class for many reasons. Some for the fun of it, some for art's sake, and some to help continue the tradition.

One person took the class to be able to paint some screens for her house in Virginia. When people saw her screens, they asked if she could paint screens for their houses. What had started as home project has now grown into a second business. People request them, not necessarily for the original use, but for the sheer beauty of the screen.

For more information on Hatton's Screen Painting class, call the center at 410-396-9025.



CALENDAR OF EVENTS

July

23

Trip to Delaware Park

9 a.m. - 5 p.m. Cost: \$30. For more information, contact the Forest Park Senior Center at 410-466-2124.

25

Lunch & a Movie

Noon - 2 p.m. Cost: \$5. Senior Network of North Baltimore will have a luncheon and show the Academy Award-winning movie, "Iris," a compelling and deeply moving story about Alzheimers. Cost is \$5 for the luncheon and movie. For more information and to make reservations, call 410-323-7131.

29

Kurtz Beach

10 a.m. - 2 p.m. Cost: \$37. Trip includes transportation, entertainment, all-you-can-eat buffet and crabs, and much more. Must be 55 or older to attend. For more information, contact Verna Kindle of the Waxter Senior Center at 410-396-1324.

Line Dancing Classes

9:30 - 11 a.m. Cost: \$25. Tuesdays beginning July 29 and ending September 30. For more information or to register, call 410-323-7131.

August

13

Trip to Harrington's Casino in Delaware

8:30 a.m. - 4:30 p.m. Cost: \$30 (rebate will be given). For more information, call the Southwest Senior Center at 410-566-1311.

21

Mohegan Sun Casino

Cost: \$40. Includes transportation, \$20 free play voucher, and \$10 food voucher. For more information, contact the Waxter Senior Center at 410-396-1324.

25

Myrtle Beach, SC

August 25-29. Cost: \$484 per person (double occupancy). Includes 4 breakfasts, tours, shows and complimentary souvenirs. For more information, contact the Waxter Senior Center at 410-396-1324.

27

Trip to Atlantic City

9 a.m. - 9 p.m. Cost: \$30. For more information, contact the Forest Park Senior Center at 410-466-2124.

September

5

Trip to Green Dragon Farmers Market in Penn.

9 a.m. - 5 p.m. Cost: \$30. For more information, call the Southwest Senior Center at 410-566-1311.

10

Beginners Spanish Class

11 a.m. - 12:30 p.m. Cost: \$25. Wednesdays, beginning September 10 and ending October 29. For more information and to register, call the Senior Network of North Baltimore at 410-323-7131.

11

Trip to White Marsh Mall and Towson Farmers Market

10:15 a.m. to 3 p.m. Cost: \$9. Use your Farmers Market Coupons on that day! For more information, call the Southwest Senior Center at 410-566-1311.

21

3rd Sunday Jazz Crab Feast

3-6 p.m. Cost: \$40. Includes catered meal, dancing and crabs. For more information, contact the Waxter Senior Center at 410-396-1324.

22

Trip to Ocean City

Monday-Wednesday, September 22. Cost: \$225. For more information, contact the Forest Park Senior Center at 410-466-2124.

25

Mini Health Fair

10 a.m. - 12 p.m. FREE. Eye screening, blood pressure screening, diabetes screening. For more information, call the Southwest Senior Center at 410-566-1311.

30

Trip to Atlantic City Casinos, Shopping Along the Boardwalk and Strolling Along the Ocean

8 a.m. - 5 p.m. Cost: \$40 (rebate will be given). For more information, call the Southwest Senior Center at 410-566-1311.

27

Trip to Hollywood and Las Vegas

Saturday, September 27-Friday, October 3. Cost: \$1,450. Includes: Roundtrip airfare, deluxe motor coach, 3 nights Hollywood and 3 nights Las Vegas hotel accommodations, 3 breakfasts, 2 dinners, guided tour of Hollywood and Beverly Hills, visit to Warner Brothers Studio, and free time to visit Las Vegas casinos. For more information, contact Jacqueline Marshall at the Oliver Senior Center, 410-396 3861.

October

10

Rehoboth Beach Jazz Festival

October 10-12. Cost: \$230 (double occupancy). Includes transportation, hotel, 3 breakfasts, outlets and more. For more information, contact the Waxter Senior Center at 410-396-1324.

November

12

Trip to Atlantic City

November 12-14. Cost: \$150 to \$210 (based on occupancy). Includes 2 nights at the Hilton Hotel and Casino and coin rebates. \$25 deposit required to reserve space. For more information, contact Jacqueline Marshall at the Oliver Senior Center, 410-396 3861.

VintAGE

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VintAGE is published by the Commission on Aging and Retirement Education.

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Call: 410-396-4932 • Fax: 410-385-0381

This edition of **VintAGE** is proudly sponsored by



See our advertisement on page 8 and the back cover of the Beacon.

Ages on Stages

Ages on Stages is an inter-generational acting ensemble composed of seniors who are members of the Commission on Aging and Retirement Education (CARE) senior centers and students from the Baltimore School for the Arts.

They perform improvisational scenes on diverse topics. All scenes have unresolved issues allowing audience members to participate by giving their views and opinions. Audience feedback adds a dynamic that both builds the performers' confidence and creates bonds between the generations.

Here are some quotes from participants:

"Ages on Stages is a wonderful opportunity to interact with people of different ages and better understand their views on issues and on life."
— *Lynae Pindell and Nora*

Walker, sophomores at the Baltimore School for the Arts

"I love working with the students; they make me feel younger. I feel aware of other things that are happening in the world."— *Ann Greengage, 80, 20-year performer with Ages on Stages*

"I love to work with the seniors. What they think and how they act is amazing." — *Tyrell Martin, sophomore, Baltimore School for the Arts*

"I have worked with the Ages on Stage group for 20 years, and every time I perform it is still exciting because of the audience feedback and interaction." — *Regina Dow, performer with the group for 20 years*

For more information, contact Anita Horwath, Artistic Director, at 410-396-4932 or Anita.Horwath@baltimorecity.gov.